We claim:

1. A composition comprising a tri-, tetra-, or penta- metal complex salt of hydroxycitric acid wherein the salt comprises at least three different metals selected from zinc, magnesium, sodium, potassium, and calcium.

2. The composition of claim 1, comprising a tetra- or penta- metal complex salt of hydroxycitric acid wherein the salt comprises at least four different metals selected from zinc, magnesium, sodium, potassium, and calcium.

3. The composition of claim 1, comprising a penta- metal complex salt of hydroxycitric acid wherein the salt comprises at least five different metals selected from zinc, magnesium, sodium, potassium, and calcium.

4. The composition of claim 1, wherein the concentration of hydroxycitric acid is 40 to 75 wt %.

5. The composition 1 of claim, further comprising a lactone of hydroxycitric acid.

6. A process for preparing a tri-, tetra-, or penta- metal complex salt of hydroxycitric acid having at least three different metals comprising:

preparing liquid hydroxycitric acid,

reacting the liquid hydroxycitric acid with a mixture of bases comprising at least three of zinc, magnesium, sodium, potassium, and calcium bases, to form a solution, and

spray drying the solution to afford the tri-, tetra-, or penta- metal complex salt of hydroxycitric acid.

7. The process of claim 6, wherein the temperature of spray drying is at about 150 to 200° C.

8. The process of claim 6, the step of preparing liquid hydroxycitric acid comprising:

extracting hydroxycitric acid from *Garcinia* rind with demineralized water at room temperature to form an extraction solution,

treating the extraction solution with a calcium base until a neutral pH is reached to form insoluble calcium hydroxycitrate,

filtering out the calcium hydroxycitrate and then mixing the calcium hydroxycitrate with water and 10% sulphurous acid to form insoluble calcium sulfite, and

filtering out the calcium sulfite to leave liquid hydroxycitric acid.